



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

GET FREE TAX HELP! AARP TAX-AIDE

**Appointments available Mondays:
February 10 through April 14**

The City of Lake Forest and AARP are excited to offer
FREE TAX PREPARATION
to middle and low-income taxpayers.

AARP Tax-Aide is a
charitable non-profit organization
that has assisted over 34 million taxpayers
in filing their tax returns.

Taxpayers with complex tax returns
will be advised to seek professional tax assistance
(i.e., Partnerships, Rentals, and Estates).

**Beginning Monday, January 27,
at 9:00 AM, call 461-3408
to schedule your tax appointment.**

Jan / Feb / Mar 14

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Happening?

SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation. Reservations are not required for seminars.

MINI EXCURSION REGISTRATION

January

Lake Forest Residents:
Wed, Jan 8, 12:00 PM

Non-Residents:
Thurs, Jan 9

February

Lake Forest Residents:
Wed, Feb 5, 12:00 PM

Non-Residents:
Thurs, Feb 6

March

Lake Forest Residents:
Wed, Mar 5, 12:00 PM

Non-Residents:
Thurs, Mar 6

JANUARY MINI EXCURSIONS



**Susanna Bixby Bryant Ranch House
and Museum • Yorba Linda**

Monday, January 13

10:15 AM-2:00 PM

Fee: \$2.00 per person (pay at the door • self tour)

The Ranch serves as the site for the Yorba Linda Heritage Museum where you can glimpse some of Yorba Linda's heritage. Each room depicts a different period or aspect of the area's history, from Indian times to the first settlement of the Yorba family.

**Lunch at
Cook's Corner •
Trabuco Canyon
Wednesday,
January 22
11:00 AM-1:15 PM
Fee: Pay for your
lunch (\$5.00-\$10.00)**



Enjoy lunch at the infamous Cook's Corner. In 1946, E.J. Cook converted a cabin into a restaurant for miners and local ranchers known today as Cook's Corner. Many lunch items to choose from: hamburgers, hot dogs, hot pastrami & French dip sandwiches, tacos, salads and a lot more!

FEBRUARY MINI EXCURSIONS



**Titanic,
The Experience •
Buena Park
Tuesday,
February 11
10:00 AM-1:45 PM
Fee: \$11.75 (pay at
registration)**

Travel back in time to 101 years ago, where authentic artifacts and interactive storytellers in period costume allow you to visit the unforgettable sights, sounds, and emotions of the most famous ship ever to set sail – *Titanic*. View over 250 artifacts recovered from the *Titanic*.

**Nixon Presidential
Library & Museum •
Yorba Linda
Wednesday, February 19
10:00 AM-2:00 PM
Fee: \$8.50 (pay at the door)**

Visit Richard Nixon's birthplace built by his father in 1913 from a catalog's mail order home building kit. Tour the library and museum with exhibits of artifacts, a replica of the Lincoln Sitting Room, and view vintage campaign film and news footage.

MARCH MINI EXCURSIONS

**South Coast Plaza •
Costa Mesa
Tuesday, March 11
10:00 AM-2:00 PM
Fee: Free**

Visit the largest mall on the west coast with 250 shops and 30 eateries to choose from. Shop Sears, Macy's, Bloomingdale's, Nordstrom, and Saks...now you have only 245 more stores to go through. Lunch is on your own.



**Bowers Museum:
Revolution to
Romanticism •
Santa Ana
Wednesday,
March 19
10:00 AM-2:00 PM
Fee: \$10.00
(pay at registration;
docent-led tour)**

Romanticism emerged as a response to the fear and promise of the American and French Revolutions, the rigidity of the Enlightenment, and the alienation that grew out of the Industrial Revolution. Among treasures in the collection is a masterpiece by William Bouguereau.

SEMINARS

Jan/Feb/Mar 2014

4

Senior Scene

January

Be Safe & Mobile

**Thursday, Jan 16
11:15 AM**

In 2020, over 5 million Californians will be 65 or older, and 4 million of them will be licensed drivers.

A representative from the DMV will discuss the importance of safe driving habits, DMV renewal requirements at the age of 70, and more.

February

Internet Safety for Seniors

**Thursday, Feb 20
11:15 AM**

Every age group has unique vulnerabilities in addition to general Internet risks, and seniors are no exception. Learn how crimes are tailored specifically to exploit older Internet users so you can have peace of mind when you go online.

March

The Difference between Dementia and Alzheimer's

**Thursday, Mar 20
11:15 AM**

In a nut shell, dementia is a symptom, and Alzheimer's is the cause of the symptom.

There are many causes of dementia, and some are reversible. Learn what is typical aging and what isn't.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes or by calling 461-3408 the first Monday of the month (i.e. for January call January 6, for February call February 3, etc).

Crafts may change due to availability of supplies.

HAND EXFOLIANT

**Tuesday, January 21 •
10:30 AM**

With winter here, our hands have a tendency to dry out. So what better way to show your hands a little TLC than to make a hand exfoliant using natural ingredients? You will be able to take this home and use it for many weeks.



ETCHED BOTTLE

Tuesday, February 18 • 10:30 AM

Etching is a printmaking process dating back 500 years. It involves sheets of metal. We will provide stencils or you can create your own design to etch on a bottle.

SUCCULENT PLANTER

Tuesday, March 18 • 10:30 AM

Number one reason succulent plants are so wonderful: you can't kill them! They are becoming more and more popular! We'll provide the container and succulents...you will design your planter.



CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

DISCOVER THE EXCITEMENT!

SUPER BOWL THURSDAY **Thu, Jan 30**

Let's get ready to rumble! Wear your favorite football team's colors...t-shirts, jerseys, or caps! Kick off Super Bowl Sunday on a Thursday with tailgating inside the Clubhouse.

BAGELS & BINGO **Tue • 10:30 AM**

Jan 7 • Feb 4 • Mar 4

CHAT WITH MONARCH HEALTHCARE **Wed • 11:30 AM-12:30 PM**

Jan 8 • Feb 5 • Mar 5

Are you new to the area? Looking for a doctor who specializes in senior issues? A representative will discuss available options.

RED HOT BINGO DAY **Thu, Feb 13**

Get in the mood for Valentine's Day! Wear your reddest red or your pinkest pink and we'll play some "red-hot" Bingo!

SCRABBLE GAMES **Wed • 10:30 AM**

Jan 15 • Feb 19 • Mar 19

PING PONG **Tue • 11:00 AM-1:00 PM**

Jan 21 • Feb 11 • Mar 11
Back by popular demand: Ping Pong! Dust off your paddles and join us for a friendly game of Ping Pong! Plus, it's great exercise, too!

GEORGE WASHINGTON BELATED BIRTHDAY **Thu, Feb 27 • 11:30 AM**

By George...George Washington (aka: P&R Commissioner Victor Scherr) will be dropping by the Clubhouse to discuss his prior birthdays and what he did for our country!

BINGO MANIA **Mon • 11:00 AM**

Jan 27 • Feb 24 • Mar 17

RUMMIKUB TOURNAMENT **Tue • 10:30 AM**

Jan 28 • Feb 25 • Mar 25

BIRTHDAY CELEBRATIONS **Thu • 11:30 AM**

Jan 30 • Feb 27 • Mar 27

MAHJONG MONDAYS AND WEDNESDAYS **10:00 AM-2:00 PM**

Every Monday and Wednesday

COUPON SWAP

Drop off and pick up coupons when the clubhouse is open.

DROP-IN COMPUTER LAB **Mon thru Thu** **10:00 AM-2:00 PM**

Throughout the year, the Computer Lab (Training Room) is used for in-house training or computer classes, so availability may be limited at certain times. Please note: No instructor.

ST. PATTY'S DAY CELEBRATION - TRAVELIN' GAME SHOW AND LUNCHEON **Thu, Mar 13 • 11:00 AM**

The game show host brings trivia games, music, and prizes. The style is similar to TV game shows like *Jeopardy* and *Wheel of Fortune*.

Reservations required for game show and luncheon.

JANUARY

CH City Hall 25550 Commercentre Dr. 949.461.3400
CC Community Center 25550 Commercentre Dr. 949.461.3450
CC-A Community Center Room A
CC-B Community Center Room B
CC-AR Community Center Activities Room
CC-TR Community Center Training Room
CC-L Community Center Lounge
ETL El Toro Library 24672 Raymond Way 949.855.8173
LFBTC Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. 949.837.6100
LFGPC Lake Forest Golf & Practice Center 23308 Cherry Ave. 949.859.1455
FL Forest Lanes 22771 Centre Drive 949.770.0055
SDCCC Santiago de Compostela Community Center 21682 Lake Forest Dr. 949.951.8599
S&S Club Sun & Sail Club 24752 Toledo Way 949.586.0860
IVC Irvine Valley College 23308 Cherry Ave. 949.451.5555

5	6	7
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 3:00 PM Geri-Fit (CC-B)	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)
	Cold Box Lunch	Cold Box Lunch
12	13	14
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:15 AM Mini Excursion – Susanna Bixby Bryant Ranch House & Museum 11:30 AM Cold Box Lunch Program (CC-A) 3:00 PM Geri-Fit (CC-B)	10:00 AM Excursion – Pala Casino 10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)
	Cold Box Lunch	Cold Box Lunch
19	20	21
	MARTIN LUTHER KING, JR. HOLIDAY  CITY HALL AND CLUBHOUSE CLOSED	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Hand Exfoliant 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)
		Cold Box Lunch
26	27	28
	10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 3:00 PM Geri-Fit (CC-B)	10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 2:00 PM Aquatic Fitness (LFBTC)
	Cold Box Lunch	Cold Box Lunch

WED

THU

FRI / SAT

HAPPY NEW YEAR**6:00 AM Excursion – Rose Parade****CITY HALL AND
CLUBHOUSE
CLOSED****1**

10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)**Mexican Madness****2****FRI****3**

1:00 PM Bowling League (FL)

City Hall Closed**SAT****4****8**

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Senior Advisory Board Meeting
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
11:30 AM Chat with Monarch Healthcare (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)
12:00 PM Mini Excursion Registration (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch**9**

10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)**Chicken Noodle Soup****FRI****10**

1:00 PM Bowling League (FL)

SAT**11****15**

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Scrabble (CC-A)
10:45 AM Movie Day – The Way Way Back (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch**16**

9:30 AM Book Discussion – My Berlin Kitchen (CC-El Toro Room)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:15 AM Seminar – Be Safe & Mobile (CC-A&B)
12:00 PM Lunch (CC-A&B)

Italian Feast**FRI****17**

1:00 PM Bowling League (FL)

City Hall Closed**SAT****18****22**

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
11:00 AM Mini Excursion – Lunch at Cook's Corner
11:30 AM Cold Box Lunch Program (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch**23**

10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
12:00 PM Lunch (CC-A&B)

Chinese Feast**FRI****24**

1:00 PM Bowling League (FL)

7:00 PM Bunco or Bust (CC-A & B)**SAT****25****11:00 AM Snowfest at Pittsford Park****29**

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:45 AM Movie Day – Touchback (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch**30****SUPER BOWL THURSDAY**

10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:30 AM Birthday Celebration (CC-A&B)
12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Hot Dogs**FRI****31**

1:00 PM Bowling League (FL)

City Hall Closed**SAT****FEB 1**

Jan/Feb/Mar 2014

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Senior Scene

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Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

ETL
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IVC
Irvine Valley College
23308 Cherry Ave.
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FEBRUARY

<p>2</p>	<p>3</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>3:00 PM Geri-Fit (CC-B)</p> <p>Cold Box Lunch</p>	<p>4</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>9</p>	<p>10</p> <p>10:00 AM AARP Tax-Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>3:00 PM Geri-Fit (CC-B)</p> <p>Cold Box Lunch</p>	<p>11</p> <p>10:00 AM Mini Excursion – Titanic, The Experience 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>16</p>	<p>17</p> <p>PRESIDENTS' DAY</p>  <p>CITY HALL AND CLUBHOUSE CLOSED</p>	<p>18</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Etched Bottle 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>23</p>	<p>24</p> <p>10:00 AM AARP Tax-Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>3:00 PM Geri-Fit (CC-B)</p> <p>Cold Box Lunch</p>	<p>25</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED

THU

FRI / SAT

FRI JAN 31

1:00 PM Bowling League (FL)

City Hall Closed

SAT 1

5

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
11:30 AM Chat with Monarch Healthcare (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Mini Excursion Registration (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

6

10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Mexican Madness

FRI 7

8:45 AM Excursion – Palm Springs Follies

1:00 PM Bowling League (FL)

6:30 PM Friday Night at the Movies (Featured Movie: The Butler)

SAT 8

12

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:45 AM Movie Day – Snitch (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

13

RED HOT BINGO DAY
 (WEAR RED AND PINK)

10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Italian Feast

FRI 14

HAPPY VALENTINE'S DAY

1:00 PM Bowling League (FL)

City Hall Closed

SAT 15

19

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mini Excursion – Nixon Presidential Library & Museum
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Scrabble (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

20

9:30 AM Book Discussion – Palisades Park (CC-El Toro Room)
 10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:15 AM Seminar – Internet Safety for Seniors (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Chinese Feast

FRI 21

1:00 PM Bowling League (FL)

SAT 22

26

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:45 AM Movie Day – Parkland (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

27

10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:30 AM Birthday Celebration (CC-A&B)
11:30 AM Visit from George Washington (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)
5:00 PM Call for Nominations Deadline (Senior Volunteer of the Year)

Chicken Sandwiches

FRI 28

1:00 PM Bowling League (FL)

4:00 PM Mardi Gras "Let the Good Times Roll" Party (reservations required)

City Hall Closed

SAT MAR 1

Jan/Feb/Mar 2014

9

Senior Scene

CH
City Hall
25550 Commercentre Dr.
949.461.3400

CC
Community Center
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949.461.3450

CC-A
Community Center
Room A

CC-B
Community Center
Room B

CC-AR
Community Center
Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

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949.837.6100

LFGPC
Lake Forest Golf &
Practice Center
23308 Cherry Ave.
949.859.1455

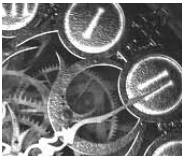
FL
Forest Lanes
22771 Centre Drive
949.770.0055

SDCCC
Santiago de
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MARCH

<p>2</p>	<p>3</p> <p>10:00 AM AARP Tax-Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>3:00 PM Geri-Fit (CC-B)</p> <p>Cold Box Lunch</p>	<p>4</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>9</p> <p>DAYLIGHT SAVINGS TIME BEGINS</p> 	<p>10</p> <p>10:00 AM AARP Tax-Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>3:00 PM Geri-Fit (CC-B)</p> <p>Cold Box Lunch</p>	<p>11</p> <p>10:00 AM Mini Excursion – South Coast Plaza 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>16</p>	<p>17</p> <p>HAPPY ST. PATRICK'S DAY</p> <p>10:00 AM AARP Tax-Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>18</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Succulent Planter 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) 2:45 PM Excursion – Last Man Standing</p> <p>Cold Box Lunch</p>
<p>23</p>	<p>24</p> <p>10:00 AM AARP Tax-Aide (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>25</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED

THU

FRI / SAT

FRI FEB 28

1:00 PM Bowling League (FL)

City Hall Closed

SAT 1

5

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
11:30 AM Chat with Monarch Healthcare (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Mini Excursion Registration (CC-A)
 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

6

10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Stew

FRI 7

1:00 PM Bowling League (FL)

8:30 AM AARP Driver Safety Course (CC-A)

SAT 8

8:30 AM AARP Driver Safety Course (CC-A)

12

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:45 AM Movie Day – Iron Man 3 (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

13

ST. PATTY'S DAY CELEBRATION (WEAR GREEN)

9:30 AM Book Discussion – Winter Solstice (CC-El Toro Room)
 10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:00 AM Travelin' Game Show (CC-A&B)
12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)
No Blarney Corned Beef (reservations req'd)

FRI 14

1:00 PM Bowling League (FL)

City Hall Closed

SAT 15

19

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mini Excursion – Bowers Museum: Revolution to Romanticism
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Scrabble (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

20

FIRST DAY OF SPRING

10:00 AM It's Never Too Late (S&S Club)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:15 AM Seminar – The Difference Between Dementia and Alzheimer's (CC-A&B)
12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Chinese Feast

FRI 21

1:00 PM Bowling League (FL)

SAT 22

26

9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Mahjong (CC-A)
 10:00 AM Tai Chi Ch'uan Advanced (CC-B)
 10:00 AM Drop-In Computer Lab (CC-TR)
10:45 AM Movie Day – A Strange Brand of Happy (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

 1:00 PM Yoga with Fleur (CC-B)

Cold Box Lunch

27

10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:30 AM Birthday Celebration (CC-A&B)

12:00 PM Lunch (CC-A&B)
 2:00 PM Aquatic Fitness (LFBTC)

Chicken Bowls

FRI 28

1:00 PM Bowling League (FL)

City Hall Closed

SAT MAR 1

Jan/Feb/Mar 2014

11

Senior Scene

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

Jan/Feb/Mar 2014

12

Senior Scene

MARDI GRAS "LET THE GOOD TIMES ROLL" PARTY

Friday, February 28 • 4:00-7:00 PM

Fee: \$10.00 per person

Reservations required

You'll think you're on Bourbon Street in the French quarter as we transform the Clubhouse for the Mardi Gras celebration. Wear anything and everything! The crazier the better! Enjoy a savory and scrumptious dinner that will get you ready for some "Big Easy" dancing!

ST. PATTY'S DAY "GREEN WITH ENVY" CELEBRATION LUNCHEON

Thursday, March 13 • 11:00 AM

11:00 AM – Travelin' Game Show

12:00 PM – Lunch (Corned Beef)

Reservations required. To reserve your seat, call 461-3450 on Tuesday, February 11 (Lake Forest residents); Tuesday, February 18 for non-residents
Call after 8:00 AM. No voicemails accepted.

CALL FOR NOMINATIONS – SENIOR VOLUNTEER OF THE YEAR

Now is the time to nominate a senior volunteer who has made the largest impact on the City's senior programs/facilities. Nomination forms will be available at the Senior Scene Clubhouse and www.lakeforestca.gov/seniors. Nominations deadline 5:00 PM Thursday, February 27.

AARP DRIVER SAFETY COURSE (TWO-DAY SESSION)

Friday/Saturday, March 7 and 8

8:30 AM–12:30 PM

\$15.00 AARP Members • \$20.00 Non-Members

Call 461-3450 to reserve your seat.

January



The Way Way Back

(PG-13) • Jan 15

A funny and poignant coming-of-age story of 14-year-old Duncan's (Liam James) summer vacation with his mother, Pam (Toni Collette), her overbearing boyfriend, Trent (Steve Carell), and his daughter, Steph (Zoe Levin).

Having a rough time fitting in, the introverted Duncan finds an unexpected friend in gregarious Owen (Sam Rockwell), manager of the Water Wizz water park. Through his funny, clandestine friendship with Owen, Duncan slowly opens up to and begins to finally find his place in the world.



Touchback

(PG-13) • Jan 29

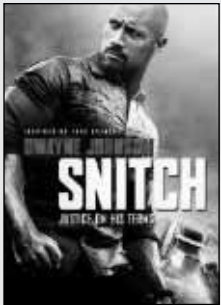
Former high school football star turned farmer and family man, Scott Murphy (Brian Presley) finds himself with a unique opportunity to revisit his glory days during the Ohio State championship game where he permanently injured his knee in a game-winning play.

Given a second shot at his destiny, Scott seeks counsel from Coach Hand (Kurt Russell), Scott's longtime mentor on and off the field, to help him decide whether to let his fate unfold, or to follow a path that will change his future.

MOVIE DAYS

Wed • 10:45 AM • Lounge

February



Snitch (PG-13) • Feb 12

In the fast-paced action thriller *Snitch*, Dwayne Johnson stars as a father whose teenaged son is wrongly accused of a drug distribution crime and is looking at a mandatory minimum prison sentence of ten years.

Desperate and determined to rescue his son at all costs, he makes a deal with the U.S. attorney to work as an undercover informant and infiltrate a drug cartel on a dangerous mission – risking everything, including his family and his own life.



Parkland (PG-13) • Feb 26

Parkland recounts the chaotic events that occurred in Dallas, Texas on November 22, 1963, the day President John F. Kennedy was assassinated.

Parkland is the ferocious, heart-stopping and powerful true story never told of the people behind the scenes of one of the most scrutinized events in history.

March



Iron Man 3 (PG-13) • Mar 12

When Stark/Iron Man (Robert Downey, Jr.) finds his personal world destroyed at his enemy's hands, he embarks on a harrowing quest to find those responsible.

With his back against the wall, Stark is left to survive by his own devices, relying on his ingenuity and instincts to protect those closest to him.

As he fights his way back, Stark discovers the answer to the question that has secretly haunted him: does the man make the suit or does the suit make the man?



A Strange Brand of Happy (PG-13) • Mar 26

David is pushed by his roommate to hire a life coach named Joyce. Joyce invites him to join the volunteer group at a retirement home where David discovers his manipulative ex-boss, William, is part of the group and is also interested in Joyce.

A wily old man goads the boys to battle for Joyce. As a result, David begrudgingly agrees to go to an open mic night Joyce holds for people to ponder the existence of God. It's there that a poet says a few things that cause David's head to tilt and move him a little further down the path of finding himself.

TRANSPORTATION NEWS

We're so excited!



In 2014, affordable taxi services will be available to take you to appointments, errands, and more! Look for additional information in the Leisure Times 2014 Spring Edition!

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

- Reservations and cancellations – call 855-9766 at least 24 hours in advance.
- Cost is 50 cents per trip.

For additional transportation, contact OCTA ACCESS.

- Call ACCESS (an OCTA service) at 1-877-628-2232 at least 24 hours in advance.
- OCTA has a formal certification process that follows ADA guidelines. To request an application, please **call the ACCESS Eligibility Office at 714-560-5956** or download the application from the OCTA website: www.octa.net/access_service

CELL PHONES FOR LIFE

FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.00 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

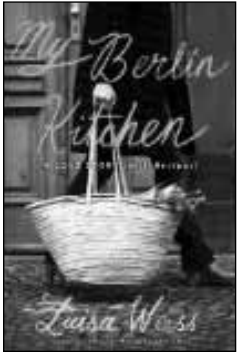
AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

L.F. READING CIRCLE

Thursdays • NEW TIME: 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

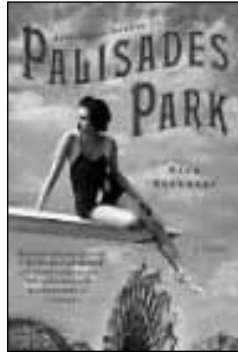
January



January 16
My Berlin Kitchen
by Luisa Weiss

The story of how one thoroughly confused, kitchen-mad perfectionist broke off her engagement to a handsome New Yorker, quit her dream job, and found her way to a new life, a new man, and a new home in Berlin – one recipe at a time. Luisa Weiss grew up with a divided heart, shuttling back and forth between her father in Boston and her Italian mother in Berlin. She was always yearning for home – until she found a new home in the kitchen. Luisa will seduce you with her stories of foraging for plums in abandoned orchards, battling with white asparagus at the tail end of the season, and orchestrating a three-family Thanksgiving in Berlin.

February



February 20
Palisades Park
by Alan Brennert

Growing up in the 1930s, there is no more magical place than Palisades Amusement Park in New Jersey – especially for 7-year-old Toni and her brother, Jack. There is the lure of the world's biggest salt-water pool, complete with divers whose astonishing stunts inspire Toni, despite her mother's insistence that girls can't be high divers. The Great Depression and Pearl Harbor hit home in ways that will split the family apart. Both father and son face the dangers of war, while the mother has ambitions of her own – and Toni is determined to take on a very different kind of danger as a high diver. Yet they are all drawn back to each other and to Palisades Park.

March



March 13
Winter Solstice
by Rosamunde Pilcher

When she leaves London for the pretty Hampshire village that she describes as "my geriatric bolt-hole," Elfrida quickly feels at home. She has a tiny cottage, her faithful dog Horace, and the friendship of the neighboring Blundells – particularly Oscar – to ensure that her days include companionship as well as independence.

But an unforeseen tragedy upsets Elfrida's tranquility. She takes refuge in a rambling house in Scotland, which becomes a magnet for various waifs and strays. Somehow the group becomes greater than the sum of its ill-assorted parts and Elfrida finds herself at the center of a very magical Christmas.



City of Lake Forest Senior Scene
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LAKE FOREST SENIOR PROGRAMS



**King of the Turkey
Calling Contest**

**I always
dress this way!**



**A "Bewitching" group at
the Freaky Friday Masquerade Party**